



NEWS ON WHEELS

A Meals on Wheels of Mercer County Publication June 2026



Stories From Our Participants

Larry's Story

For seniors like Larry, a 69-year-old veteran from Trenton who receives services from Meals on Wheels of Mercer County, he leads his life with faith and gratitude every day. The simple pleasures, like listening to his music outside or saluting the American flag in his living room, inspire his positive outlook on life.

Growing up in the church, there were many lessons that have stuck with Larry throughout his life, and he doesn't take anything for granted. He lives with the intent of helping others around him simply because that's how he recalls growing up.

"We all need each other," he said. "I would say to myself, 'Boy, if I knew I'd become an elderly person or disabled, wouldn't I love and appreciate someone trying to help me?' That's what my mom used to say: 'Do for others what you would like them to do to you.'"

After a fall in his apartment, Larry's mobility became more limited and standing for long periods of time was difficult. Despite this, he remains positive and appreciative of the life he has. Thanks to Meals on Wheels, and the visits from the volunteers, Larry is able continue living independently.

"It's been a help. It's been a blessing to me," Larry said. "Some people don't say 'thank God,' but I do. I grew up being thankful and that still continues."

Larry looks to give back whenever he can, even offering the volunteers a cold glass of water during a heat wave, or opening up his home for a quick bathroom break if needed. Over time, he built relationships with the volunteers who frequently deliver his meals.

"Seeing them is like seeing a neighbor or a friend every day," Larry said.

If you're interested in delivering meals to participants like Larry, please email volunteer@mealsonwheelsmercer.org for more information!

In the News...

MOWMC Volunteer Luncheon

On Friday, May 8, MOWMC hosted its Annual Volunteer Luncheon at the Social Profit Center at Mill One. The event celebrated the incredible year we've had and honored our amazing team of dedicated volunteers!

We ♥ our volunteers

A special thank you to everyone who helped make this day possible. Shoutout to **1911 Smoke House Barbeque** for providing delicious food!



Board President David Dafilou giving a speech at the luncheon

Subaru Share the Love® Event Proceeds Awarded

We're thrilled to announce that Meals on Wheels of Mercer County has earned over \$8,000 by participating in the 2025-2026 Subaru Share the Love® Event back in November and December. Thank you to **Subaru of America, Inc.** for standing by the seniors we serve year after year! Their partnership fuels our mission and helps to deliver so much more than a meal.



Photo courtesy of Meals on Wheels America

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THE 8 DIMENSIONS OF WELLNESS: LET'S PUT THE PIECES TOGETHER

BY RUTGERS COOPERATIVE EXTENSION & MEALS ON WHEELS OF MERCER COUNTY

Why is this topic important?
Taking care of your health is about more than just doctor visits or medications. It's about caring for your whole self. Wellness includes how you feel, how you think, your relationships, and your daily habits. When these areas work together, they can help you stay independent, feel better, and enjoy life more fully. Focusing on wellness can make everyday activities easier, improve your mood, and help you stay connected with the people and things that matter most. The best part? Even small changes can have a positive impact.

What is Wellness?
Wellness is not just the absence of illness. It is a way of living that supports a healthy and satisfying life. It includes 8 different dimensions, and reflects the daily choices we make to take care of ourselves.

Wellness is also about balance. It includes taking care of your body, engaging your mind, and nurturing your spirit. All working together to help you feel your best.

8 Dimensions of Wellness
Wellness is made up of 8 important areas, and each one plays a role in your daily life:

- **Physical:** Taking care of your body (food, movement, sleep)
- **Emotional:** Understanding and managing your feelings
- **Social:** Staying connected with others
- **Intellectual:** Learning and keeping your mind active
- **Spiritual:** Finding meaning and purpose
- **Environmental:** Creating a safe and comfortable space
- **Occupational:** Doing things that feel meaningful
- **Financial:** Managing your money and resources

These areas are all connected. Improving even one can help support the others and improve your overall well-being.

Try This This Week:
Take a moment to think about the 8 dimensions above.

Ask yourself: Which area of wellness feels most important to me right now?

Resources

- **Introduction Video:** <https://youtu.be/1hly-18oc7I>
- **What is Wellness?** <https://cooperativemercer.org/2020/05/01/8-dimensions-of-wellness/>
- **8 Dimensions of Wellness Article:** <https://www.cooperativemercer.org/2020/05/01/8-dimensions-of-wellness/>
- **Wellness Wednesdays:** <https://www.cooperativemercer.org/2020/05/01/8-dimensions-of-wellness/>
- **Active Wellness:** <https://www.cooperativemercer.org/2020/05/01/8-dimensions-of-wellness/>
- **Webinar on 8 Dimensions of Wellness:** <https://www.cooperativemercer.org/2020/05/01/8-dimensions-of-wellness/>

Health & Wellness

We're excited to announce a new wellness initiative! As part of this new program, we have partnered with **Rutgers Cooperative Extension**.

Through this collaboration, spearheaded by Ricardo Kairios, RCE Family & Community Health Services Educator III, and Ruth Todd, the MOWMC Director of Program Services, we will be providing participants with access to Food & Nutrition Newsletters! Stay tuned for more content in the future.

Read More



Volunteers prepping meals in the kitchen at Rider University

Welcome Our New Volunteers

Each month, we're proud to highlight the newest members of our volunteer community.

In May, we welcomed:

**Judith M.
Margaret P.**

I want to Volunteer!



Summer Volunteers Needed!

This summer, consider volunteering for Meals on Wheels of Mercer County!

We are looking for dedicated individuals in our community to deliver meals with us.

If you have any questions or would like to learn more about how you can get involved, send an email to volunteer@mealsonwheelsmercer.org or call (609) 695-3483.

Volunteer Perspectives

"Volunteering with Meals on Wheels of Mercer County is so much more than a meal delivery service, it's a lifeline of care, comfort, and human connection. For many participants, volunteers are the only contact they have all day. The food is important but so is the interaction - a smile, a quick conversation, helping a person feel remembered - it all matters so much.

**That's why we have been volunteering for 6 years
and will continue for many more."**

-Lydia and Maryann



Food security is a significant concern for seniors,
and we want to ensure that they have access to nutritious meals.
Our "Feed More Neighbors" campaign gives you the chance to make
a direct impact on their lives while working together with friends and family.

Here's How It Works:



Form a team: Get started here [HERE](#)



Fundraise on your own: Begin [TODAY](#)



Donate directly: Give [NOW](#)



Contact Us: (609) 695-3483 or Email at info@mealsonwheelsmercer.org



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